



**Public Health**  
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Memphis and Shelby County  
Health Department

# News Release

**Memphis and Shelby County Health Department**  
814 Jefferson Ave., Memphis, TN 38105

**FOR RELEASE:**

**IMMEDIATE**

**DATE:**

Friday, November 20, 2009

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**TRAVELERS ENCOURAGED TO STAY WELL DURING THE HOLIDAY SEASON**  
***H1N1 PRIORITY GROUPS ARE ENCOURAGED TO GET VACCINE BEFORE TRAVELING***

MEMPHIS, TENN. – Given that the holidays are among the busiest travel times of the year and that people are in close contact in airports, train stations, seaports, and in vehicles, the Memphis and Shelby County Health Department is recommending local residents practice preventive tips to stay healthy.

“The holiday season poses an unwelcome opportunity for travelers to spread illness,” says Kenneth S. Robinson, M.D., Shelby County Health Officer. “We want to make sure individuals are prepared for their travel so they can stay well and enjoy visiting friends and family.”

In accordance with the recommendations from the Centers for Disease Control and Prevention, the Health Department suggests the following:

- ✓ Travel only when feeling well. People with the flu or flu-like illness should wait to travel until at least 24 hours after fever has subsided without using fever-reducing medications. If people become sick while traveling, it is recommended that travel home should be postponed until well.
- ✓ Wash hands often with warm, soapy water or use an alcohol-based sanitizer.
- ✓ Cover coughs and sneezes using the crook of the elbow or using a tissue and then discarding it.
- ✓ Get the H1N1 vaccine if you are in one of the five priority groups (pregnant women, individuals who live with or provide care for infants younger than six months of age, healthcare workers and emergency healthcare personnel, children and young adults aged six months to 24 years, and individuals aged 25-64 years of age with chronic medical conditions).

For individuals in the priority categories, vaccine is available at no charge at the following Health Department clinics. In observance of the Thanksgiving holiday, Health Department-operated public health clinics will only be open during the following days **next week**:

- Collierville Clinic, 167 Washington. Clinic Hours: 8-11 a.m. & 12:30-3 p.m. on Tuesday. Phone: 854.6775.
- Galloway Clinic, 477 N. Manassas. Clinic Hours: 8 a.m.-4:30 p.m., Monday-Wednesday. Phone: 522.8268.
- Hickory Hill Clinic, 6590 Kirby Center Cove. Clinic Hours: 7:30 a.m.-4:30 p.m., Monday-Wednesday. Phone: 365.1045.
- Immunization Clinic, 814 Jefferson. Clinic Hours: 8 a.m.-4 p.m., Monday-Wednesday. Phone: 544.7711.
- Millington Clinic, 8225 Highway 51. Clinic Hours: 8 a.m.-4:30 p.m., Monday-Wednesday. Phone: 873.4433.

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- Raleigh Clinic, 3040 Covington Pike. Clinic Hours: 7:30 a.m.-4:30 p.m., Monday-Wednesday. Phone: 386.2060.
- Shelby Crossing Clinic, 6170 Macon Road. Clinic Hours: 7:30 a.m.-4:30 p.m., Monday-Wednesday. Phone: 372.7581.
- Southland Mall Clinic, 1278 Southland Mall, Shelby Drive/Highway 51. Clinic Hours: 9 a.m.-5 p.m., Monday-Wednesday & from 5-6:30 p.m. on the 4<sup>th</sup> Monday. Phone: 346.0081.
- Department of Human Services, 3230 Jackson. Clinic Hours: 8-11:30 a.m. and 1-3:30 p.m. on Tuesdays only. Phone: 320.7471.

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*NOTE: The Health Department will be closed Thursday, November 26 - Saturday, November 28. During these days, Health Department-operated public health clinics and the 379.H1N1 hotline will not be operational.*